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In 342

Housekeepers' Chat

Friday, July 25, 1930.

Not for Publication

Subject: "Salads and Salad Dressings." Menu and recipe from Bureau of Home Economics, U. S. D. A.

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Let's begin with the menu this morning, and then talk about salads in general. Salad meals are so appetizing this hot weather. One of our favorite combinations, when a salad is the main dish, is Cottage Cheese and Tomato Salad on Water cress. Another one is Egg and Sardine salad on Lettuce. Still another, a salad of Minced Ham, Diced Cucumber or Green Peas, and Potatoes, mixed with Mayonnaise and served on Shredded Cabbage.

With the salad, I like to serve Brioche (Bree-osh) -- a very rich bread made with yeast which the Recipe Lady taught me to make. I'm going to give you her recipe this morning. Then, for dessert, I'd suggest Blackberry Tarts.

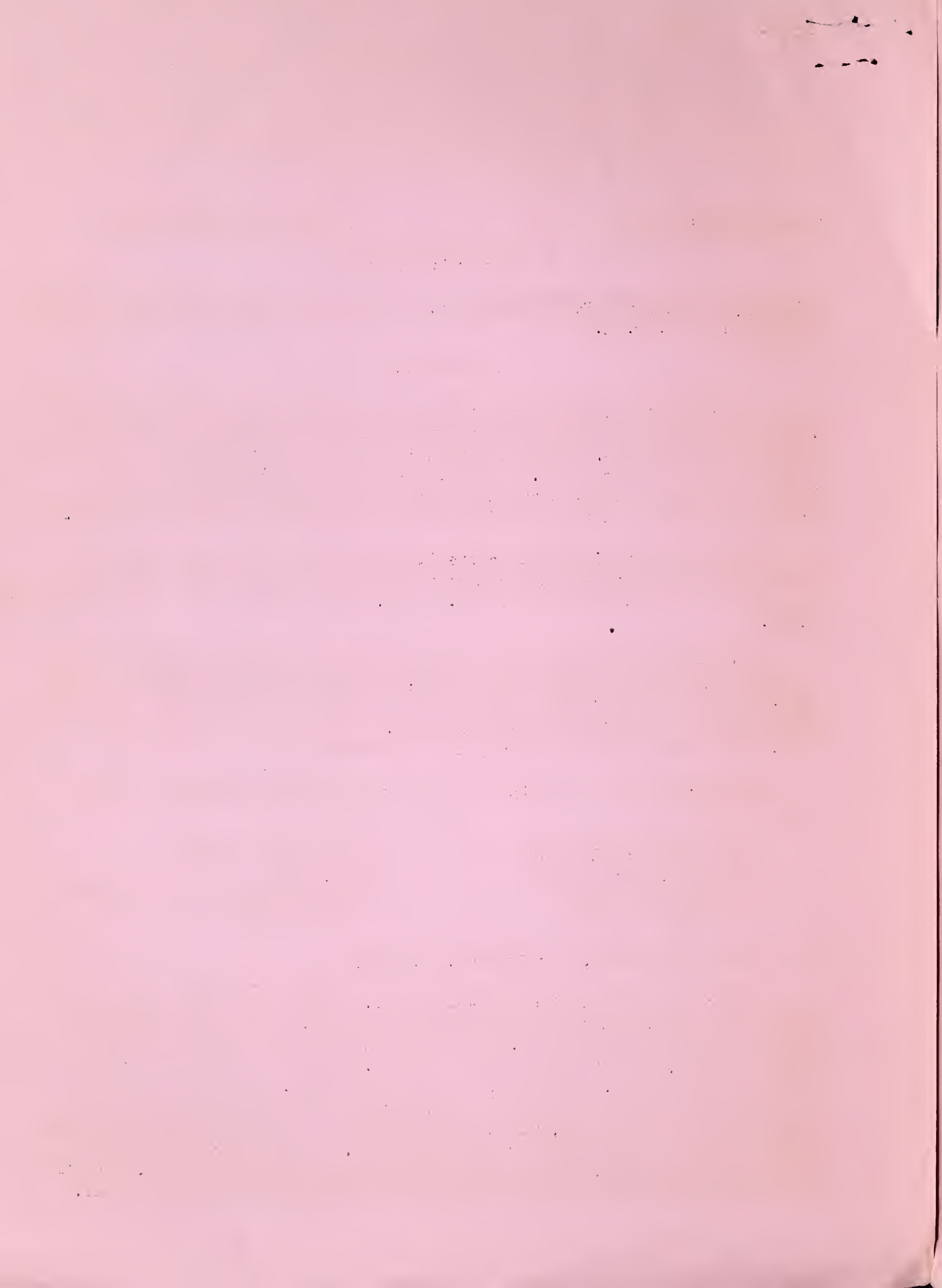
Let's check the menu again, just to be sure we have it right: Cottage Cheese and Tomato Salad on Watercress; or Egg and Sardine Salad on Lettuce; or Minced Ham, Diced Cucumber or Green Peas, and Potatoes, mixed with Mayonnaise and served on Shredded Cabbage. So much for the Salad part of the meal. With it, we serve Brioche, and Blackberry Tarts, for dessert.

Now let's write the recipe for the bread, known as Brioche. Seven ingredients:

1 cake compressed yeast	1-1/4 teaspoons salt
3/4 cup lukewarm water	4 eggs, and
4 cups sifted flour	1 cup melted fat, half butter if possible.
1 tablespoon sugar	

Seven ingredients, for Brioche: (Repeat)

Soften the yeast in the lukewarm water. Stir into this 1 cup of the flour, cover, and put in a warm place to rise. When light, add the eggs unbeaten, and melted fat, and the remaining flour sifted with the sugar and salt, and beat for 2 or 3 minutes. Cover, and allow to rise until double in bulk. Beat again for a few minutes. Grease the surface of the dough, cover, and put in a refrigerator for overnight or two to three hours before baking, pinch off portions of the dough, put in greased muffin pans, and let rise at room temperature. When light, brush with melted butter or milk, bake in a moderately hot oven (about 400°F.) for 25 to 30 minutes or until golden brown, and brush again with melted butter.



Now we can continue our talk about salads in general.

In the first place, all salad greens should be served crisp. Wash them thoroughly, first in running water, or by lifting them out of two or three waters. Then wrap them in a cloth, or put them in a clean paper bag. Set them on ice, or in a cool place, to "crisp."

Salads are always more appetizing, when they contain something succulent, to crunch between the teeth -- something crisp like lettuce, celery, cabbage, apples, pickles, watercress, and so forth.

The big secret of a crisp, tasty salad lies in having the ingredients fresh; cold, with no drops of water clinging to the leaves; and carefully combined. When vegetables or fruits are cut up, or diced, the pieces should be large enough so the salad won't be mushy, when the dressing is added. Is there anything more uninteresting, than a soggy, boggy salad? As a general rule, the dressing should not be mixed with the other materials, until just before serving. The dressing tends to wilt the vegetables, and salad greens. (Of course there are exceptions to this rule -- potato salad, for example.)

The kind of salad dressing to use depends largely upon when the salad is to be served. A light salad, with a heavy dinner, usually needs a light dressing, such as a French dressing. Luncheon or supper salads, or those served with party refreshments, may have the richer dressings, such as mayonnaise, cooked dressing, or cream dressing.

If you have a copy of the Radio Cookbook, you know it contains about two dozen salad recipes, and directions for making cooked salad dressing, sour cream salad dressing, and cheese dressing. However, the cookbook does not include a recipe for mayonnaise. That's why I'm going to broadcast the recipe today, for mayonnaise dressing.

Seven ingredients, for Mayonnaise Dressing:

1 egg yolk	1/4 teaspoon pepper
3/4 to 1 cup oil	Paprika, and
2 tablespoons lemon juice or vinegar	1/2 teaspoon sugar
1/2 teaspoon salt	

Seven ingredients for Mayonnaise Dressing: (Repeat)

Mix the spices. Add one tablespoon of the acid, which may be either vinegar or lemon juice, or a combination of the two. Add the egg yolk, and beat slightly. Then begin adding oil, about a teaspoon or two at a time, and beat thoroughly. Continue adding oil until a heavy mixture is formed. The remainder of the acid may be worked in, as the mixture becomes very thick. Don't use more than one cup of oil, because that is all that can be satisfactorily combined with one egg yolk

There are many ways to vary this standard Mayonnaise dressing. It's a good idea to make up a supply of mayonnaise, put it in the ice box, and add special seasoning to the amount used for one meal. Russian dressing is excellent on a crisp green salad. Russian dressing is mayonnaise plus a little tomato chili sauce, or tomato catsup and lemon juice.

Dear Mr. [Name],
I have received your letter of the 15th and am glad to hear from you.
I will be glad to discuss this with you at your convenience.

I am sure we can reach an agreement on this matter.
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Thousand Island dressing is a standby, for salads. Thousand Island dressing is nothing but mayonnaise, to which chopped, highly flavored materials are added. Often as many as a dozen different ingredients are added in small quantities, cut up in very small pieces. Some suggestions are pickles, olives, celery, green peppers, pimentos, capers, and onion. Use a combination of any of these materials you have on hand.

If you are serving a fruit salad with mayonnaise, add whipped cream to the mayonnaise, and a little extra sugar and salt.

I won't discuss salads any more today, except to remind you again that there are about two dozen recipes in the salad section of the Radio Cookbook.

Monday: "How the Milk Supply Is Guarded."

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